

12/06/00

Class	Subclass

ISSUE CLASSIFICATION

PATENT NUMBER

3

U.S. UTILITY Patent Application

<p><i>HKM</i> O.I.P.E.</p> <p>SCANNED <i>SSC</i> Q.A. <i>CHT</i></p>	PATENT DATE
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APPLICATION NO.	CONT/PRIOR	CLASS	SUBCLASS	ART UNIT	EXAMINER
09/731004	F	331	117.00R	2817	Kin Lead

TITLE	APPLICANTS
1. General Information:	
a. Name of Applicant(s)	
b. Address	
c. City	
d. State	
e. Zip	
f. Telephone Number	
g. E-mail Address	
h. Fax Number	
i. Other Contact Information	
j. Date of Submission	
k. Title of Project	
l. Abstract	
m. Summary Statement	
n. Objectives	
o. Methods	
p. Results	
q. Conclusions	
r. References	
s. Budget	
t. Other Financial Information	
u. Other Information	
v. Signature of Principal Investigator	
w. Signature of Sponsor/Chairman	
x. Signature of Reviewer	
y. Signature of Committee Chair	
z. Signature of Secretary	
aa. Signature of Treasurer	
ab. Signature of Vice President	
ac. Signature of Executive Director	
ad. Signature of Board Chairman	
ae. Signature of Board Member	
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gk. Signature of Board Member	

Abstract The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were randomly assigned to a control group (CG) and an exercise group (EG). The EG performed a 12-week training program consisting of 3 sessions per week. The HR and HRR were measured at rest and during submaximal and maximal exercise at baseline and after 12 weeks. The results showed that the EG had a significant decrease in HR and HRR at rest and during submaximal and maximal exercise compared to the CG. The results suggest that a 12-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

Overview

PTO-2040
12/89

ISSUING CLASSIFICATION												
ORIGINAL				CROSS REFERENCE(S)								
CLASS		SUBCLASS		CLASS	SUBCLASS (ONE SUBCLASS PER BLOCK)							
INTERNATIONAL CLASSIFICATION												

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<input type="checkbox"/> TERMINAL DISCLAIMER	DRAWINGS		CLAIMS ALLOWED	
	Sheets Drwg.	Figs. Drwg.	Print Fig.	Total Claims
<input type="checkbox"/> The term of this patent subsequent to _____ (date) has been disclaimed.	_____ (Assistant Examiner) (Date)		NOTICE OF ALLOWANCE MAILED	
<input type="checkbox"/> The term of this patent shall not extend beyond the expiration date of U.S Patent. No. _____ _____ _____	_____ (Primary Examiner) (Date)		ISSUE FEE	
			Amount Due	Date Paid
<input type="checkbox"/> The terminal ____ months of this patent have been disclaimed.	_____ (Legal Instruments Examiner) (Date)		ISSUE BATCH NUMBER	

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